

Funded in part by the Pennsylvania Department of Aging
 Read the ECHO online at www.activeagingecho.com



Healthy Speaker Series: Nutrition - Do We Know What is Right for Us?

You are not alone if you have questions about nutrition. The news each day seems to confuse us more than answer our questions. What is a healthy diet? If I already have high blood pressure, is what I eat going to make a difference? What really is the right size portion – we typically don't carry scales with us. The good news is that once the hype is separated from the fact, there is strong, solid evidence about nutrition and how it impacts our life at 50, 80 and beyond. Join us as we welcome Terye Carney from Interim Healthcare as she gives us some useful hints and information on nutrition for us as we age.

Guys Mills Senior Center:
 11534 Highway 198-Guys Mills, PA 16327
 Contact: Patty Flaherty at (814) 336-1792
Tuesday, May 3, 2016 at 11:00 am

Lakeland Valley Regional Senior Center:
 209 S. Pymatuning St.-Linesville, PA 16424
 Contact: Rhonda Wood at (814) 683-4959
Wednesday, May 11, 2016 at 11:00 am

Titusville:
 714 East Main Street-Titusville, PA 16354-2013
 Contact: Tim Snyder at (814) 827-9134
Wednesday, May 4, 2016 at 11:00 am

Canadohta Senior Center:
 22978 Shreve Ridge Road-Lincolnton Union City, PA 16438
 Contact: Patty Flaherty at (814) 336-1792
Friday, May 20, 2016 at 11:00 am

Cambridge Springs Senior Center:
 156 Venango Ave.-Cambridge Springs, PA 16403
 Contact: Tami Boylan at (814) 398-8616
Tuesday, May 10, 2016 at 11:00 am

Meadville Senior Center:
 1034 Park Avenue-Meadville, PA 16335
 Contact: Ashlee Ketcham at (814) 336-1792
Thursday, May 26, 2016 at 11:00 am

This program is open to all seniors, age 60 and over. If you would like to stay for lunch, please be sure to make reservations two days in advance by calling your local senior center at the above numbers. If you have questions or need more information, feel free to contact Tami Boylan at (814) 398-8616.

Active Aging, Inc. Services Available For Age 60 And Older

Seniors in Crawford County may be eligible for a variety of in-home services that are provided through Active Aging, Inc. Most of the services below can be received on a no or low cost share basis or through the Medicaid funded PDA Waiver Program. The services listed below may be obtained through a referral made to our office.

Intake and Referral is a free service provided to anyone who calls into the Active Aging, Inc. with questions. Specially trained employees can answer questions regarding in-home services, community services, insurance and benefits. They may also take referrals for anyone interested in in-home services.

Care Management/Service Coordination- Specially trained care

managers and service coordinators are available to assess each consumer to determine their level of care and needs in the community. Care managers/service coordinators (CM/SC) develop care plans with the individuals to ensure that their needs are being met. Once services are in place, the care manager or service coordinator will work to ensure that the consumer is getting all appropriate services to manage their needs. CM/SC are available to consumers during the week via phone and home visits as needed. CM/SC can answer questions regarding services and other community services consumers may be eligible for.

Personal Emergency Response Systems (PERS) provide safety and secu-

rity for those who may live alone or are alone long periods throughout the day. Emergency buttons can be work around the neck or on the wrist and can be through a land and even through a cellular network. If consumers have fallen, are having a medical emergency, or feel threatened, they can push the button and have emergency contacts or medical personnel respond 24/7.

Personal Assistance and Personal Care with home support provide consumers with needed assistance for bathing, grooming, dressing, transferring, ambulation and meal preparation. Along with this assistance, consumers may also receive light housekeeping and home support for cleaning, laundry, errands, trans-

portation to medical appointments and in some cases, medication management and reminding. Home Delivered Meals can provide assistance with prepared meals for those who are unable to cook on their own, or for those who do not have anyone that can assist them. Meals are frozen and are delivered on a weekly basis to the consumer's home. Meals include an entrée with sides, bread, milk and fresh fruit.

The Family Caregiver Support program (FCSP) provides reimbursement to unpaid caregivers who are caring for an older relative or friend. Caregivers may be reimbursed for a variety of services and supplies, including respite care, incontinent supplies, home modifications, home ad-

aptations or other medical supplies. The FCSP also provides education to caregivers regarding care and managing dementia and Alzheimer's disease. Reimbursement for this program is cost shared based on yearly total household income. The Nursing Home Transition program (NHT) assists seniors residing in nursing facilities with the ability to return to the community with in-home services when appropriate. The NHT coordinator will make referrals for in-home services, set up housing if necessary and assist the senior with overcoming any barriers that are preventing them from returning to a home in the community.

The assessment unit provides another service to seniors and individual with disabilities in the

community. For those entering a nursing facility or wishing to receive under 60 waiver services, the assessment unit will schedule an assessment to determine the consumer's level of care. Information regarding the assessment will be provided to the facility, enrollment agency, consumer and the department of human services to determine eligibility. If you or a family member would like to be assessed for any of the services listed, please call our office at (814)336-1792 or 1-800-321-7705. Please ask for Intake and Referral. Once a referral is made, care managers or service coordinators will set up an appointment with the older adult to conduct an assessment.

Crawford County's Designated Area Agency on Aging

PURPOSE

The purpose of Active Aging Inc. is to develop, implement and maintain a comprehensive, coordinated, and supportive human services system for older persons aged 60 years and older in Crawford County. Please call 814-336-1792 or 1-800-321-7705 or email aainc@activeaging.org for more information.



GROW STRONG DAILY!

JUNIPER VILLAGE
 SENIOR LIVING AT MEADVILLE

814-333-4400
www.junipervillage.blogspot.com

Nurturing the Spirit of Life

BE OUR GUEST! JOIN US AS WE CELEBRATE SPRING AND OUR COMMITMENT TO HEALTHY AGING. COME JOIN US AS WE "GROW STRONG DAILY."

May 9th at 6:00pm
 Please join us for an informative presentation by Dr. Lisa May on the benefits of our upcoming release of the Music & Memory program that will help enrich the lives of our residents with dementia. Light refreshments will be available. No RSVP necessary.

May 12th at 4:30pm
 Please join us for our AIAS Dinner where we will be presenting our Music & Memory Movie: Alive Inside. Alive Inside is a 2014 documentary following social worker Dan Cohen, through his nonprofit organization Music & Memory. Music & Memory advocates for the use of music therapy for dementia patients. Please RSVP no later than May 6th, 2016.

May 18th at 12 Noon
 Please join us for our Lunch & Learn presented by Carla Moss. Our Lunch & Learn will be focusing on Fitness for Life. Please RSVP no later than May 13th, 2016.

ACTIVE AGING, INC. SENIOR CENTERS

Pamela B. Roberts, MPA
Center Services Director
1034 Park Ave, Meadville, Pa 16335
proberts@activeaging.org
(814) 336-1792

Meadville Senior Center

1034 Park Avenue, Meadville 16335
(814) 336-1792
or dining room 336-1800
Ashlee Ketcham
meadsc@activeaging.org

Lakeland Valley Regional Senior Center

237 S. Pymatuning St.-Linesville, PA
16424
(814) 683-4959
Rhonda Wood
lakevalleyinfo@activeaging.org

Cambridge Springs Senior Center

156 Venango Ave.-Cambridge Springs,
PA 16403
(814) 398-8616
Tami Boylan
cambsc@activeaging.org

**Canadohta Senior Center
(Fridays only)**

Bloomfield Twp Building Lincolntown
22978 Shreve Ridge Road- Union City,
PA 16438
(814) 336-1792
Patty Flaherty

Titusville Senior Center

714 East Main Street-Titusville, PA
16354
(814) 827-9134
Tim Snyder
goseniors@zoominternet.net

Guys Mills Senior Center

United Evangelical Church
(1st & 3rd Tuesday of month)
11534 Highway 198-Guys Mills, PA
16327
(814) 336-1792
Patty Flaherty

The ECHO is published by The Area Shopper. Questions concerning Advertising please contact Lon Wilson (814) 425-7272 or lon@zoominternet.net

REMINDER: Elder Pennsylvanians deserve honor and respect ... not abuse.
Stop Elder Abuse in Crawford County. Call Active Aging, Inc. 336-1792 or 1-800-321-7705.

From the Director's Desk May 2016

May is here. Already? Time just seems to be flying by! Since April seems to have gotten confused with March, I'm hoping May doesn't get confused with February. May means that the boys will be home for the summer soon and that has me excited. Luke is finished with his classroom studies, but has to do a final internship. He will begin an unpaid internship the week after classes end. Tucker will be back to working as soon as he gets home. He had some sporadic hours over the winter, but not a lot. It will be nice to have them home, although it seems I have gotten to my own routines and the quiet in the house. That will require some adjustment, but they are worth it!

We've been pretty busy here at Active Aging. We are deep into the planning process of our next four year local plan. As always, we are looking for feedback from all of you. There are several ways that you can provide that feedback. We have set up a survey on line at the following link:

We will also be distributing paper surveys. If you would like one, please contact our office to request one, either by phone: 800-321-7705, or 814-336-1792, or by email: aaincinfo@activeaging.org. Your feedback will help us ensure that our plan encompasses the needs of our community. We are also planning our 21st annual golf outing, coming up July 19th. If you would like to register, please contact the Foundation office at the phone numbers above.

I am also bracing myself for what I fear will be another protracted budget process for the upcoming fiscal year. Active Aging, Inc. is not funded by tax dollars, our funding is provided through the lottery fund. However, our funding is part of the appropriation process of the budget and we were not funded during last year's budget impasse. Clearly, going over 6 months with no income was a substantial challenge. One that we survived without cutting any programs or any staff. We did have to forgo many "optional" activities to do so, but we made it. Another month would have brought about some different scenarios that kept me awake more nights that I care to recall. If you have strong feelings about this, I urge you to reach out. Not only to our local elected officials, but also the Governor himself. Please make your voice heard.
Krista Geer

Services and Programs we offer are:**Senior Center Services**

- Nutritious Noon-Time Meals
- Educational Programs
- Socialization & Recreation
- PrimeTime Health/ Wellness
- Activities
- Volunteer Opportunities
- Life-Long Learning
- Outreach/Information Lunches
- Transportation
- Octoberfest
- County-wide Picnics, Dances, and Parties
- Large-Print Library
- Travel Opportunities

In-Home Services

- Care Management / Assessments
 - Family Caregiver Support Program
 - Home Delivered Meals
 - In-Home Care
 - Nursing Home Pre-Admission Assessments
 - Personal Assistance
 - Personal Care / Home Support
- *These are examples of services available, and is not an all inclusive listing. Contact us for more information.*

Special Services

- Alzheimer's Support Group
- "Echo" Newsletter
- Information & Referral
- Apprise Insurance Counseling
- PACE (Pharmaceutical Assistance Contract for the Elderly)
- Pennsylvania Property Tax/Rent Rebate Program
- Older Adult Protective Services
- Ombudsman
- Voter Registration
- Nursing Home Transition

MEADVILLE LIONS CLUB WILL BE ACCEPTING APPLICATIONS FOR GLASSES

The Meadville Lions Club will be accepting applications from Meadville area individuals of any age that are in need of glasses but are unable to pay for them. Individuals need to complete an application (available at the front desk of Active Aging) and come to be interviewed on the second Tuesday of each month from 5:30 – 6:30 p.m. at the Lew Davies Community Building, 1034 Park Avenue, Meadville. People who live in outlying areas from Meadville can be referred to a Lions Club in their area.

Questions – call 382-1905. You do not need an appointment.

alzheimer's association®

Alzheimer's Association® caregiver support groups, conducted by

trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

May 16th, 2016

3:00PM - 4:30PM

Active Aging, Inc.

1034 Park Avenue Meadville, PA

You may bring your care receiver. Active Aging Staff will be available to provide activities for them to enjoy while you attend the meeting.

For more information call (814)336-1792 or 1-800-321-7705

Programs funded in part by the Pa. Department of Aging and supported by the Active Aging Foundation. For information on Long Term Care Services and Choices: www.longtermcare.state.pa.us (814) 336-1792 - 1-800-321-7705 - Fax (814) 336-1705 - E-mail aainc@activeaging.org



QUALITY CARE
SINCE 1990

QUALITY LIVING CENTER

PERSONAL CARE HOME

16871 CRAIG ROAD SAEGERTOWN, PA 16433

Located in a Country Setting

Assistance with Medications, Bathing and Housekeeping

Call for a Tour

814-763-2402

MEADVILLE/CRAWFORD COUNTY SENIOR CENTER
ACTIVE AGING, INC.
 (814)336-1792 or 1-800-321-7705 - Fax (814)336-1705
 The Lew Davies Community Building 1034 Park Ave., Meadville
 Center Manager: Ashlee Ketcham 336-1800/336-1792

May 2	9:00AM Blood Pressures 10:00AM Gratitude Group
May 3	11:30AM Mother's Day Dinner 1:00PM Powerful Tools
May 4	9:30AM Diabetes Self-Management Class 10:00AM Card Craft with Carol Berry
May 5	Celebrating Cinco De Mayo 11:00AM Card Party 2:30PM Good Grief Group
May 6	9:30AM Painting Group
May 9	9:00AM Blood Pressure 10:00 Gratitude Group 11:00AM Speaker: Memory Loss, Dementia and Alzheimer's The Basics
May 10	11:00AM Internal Auction - Bring in an item worth at least \$5 and a pocket full of your loose change! 1:00PM Powerful Tools
May 11	Adventure Club: Geocaching at Woodcock Dam 9:30AM Diabetes Self - Management Class 12:00PM Live Piano Music by Jeff Youngs
May 12	Sub Sale orders are due and Birthday Party 10:00AM Line Dancing 10:30AM Shingles Clinic
May 13	9:00AM Blood Pressure 10:00AM Gratitude Group
May 16	9:30AM Diabetes Self-Management Class
May 18	11:00AM Tactile Day
May 19	Volunteer Dinner 10:00AM Line Dancing
May 20	9:30AM Painting Group 10:30AM Pinterest Perfect: Plate Decorating
May 23	Backyard Games Week 9:00AM Blood Pressure 10:00AM Gratitude Group 10:30AM Walking Club 11:00AM Ring Toss
May 24	11:00AM Balloon Volleyball
May 25	9:30AM Diabetes Self-Management Class 11:00AM Bocce
May 26	Sub Sale Pick Up 10:00AM PALS Book Club 10:00AM Line Dancing 11:00AM Healthy Speaker
May 27	9:30AM Painting Group 11:00AM Bean Bag Toss
May 30	Memorial Day - Center Closed
May 31	10:30AM Special Dinner Event: India-Learn about the culture with some fun activities!

Please reserve lunch and/or bus 2 days in advance when going to Center Activities Subject to Cancellation
 All activities \$1 donation requested unless otherwise noted

TITUSVILLE SENIOR CENTER
 714 E. Main St., Titusville
 Center Manager: Tim Snyder 827-9134
 www.goseniors.org

May 2	1:00 PM - Bocce Ball
May 3	9:40 AM - FCCLA Middle School Students
May 4	11:00 AM - Healthy Speaker Series "Nutrition"
May 5	Cinco de Mayo Party!
May 6	Mother's Day Luncheon & 12:45 PM - Mother's Day Bingo
May 9	Kentucky Derby Day & 12:45 PM - Kentucky Derby Bingo
May 10	11:00 AM - Healthy Speaker "Falls Prevention"
May 11	Volunteer Recognition Luncheon at the Titusville Senior Center
May 12	Grove City Outlets shopping trip
May 13	12:45 PM Friday the 13th Bingo!
May 16	Chocolate Chip Cookie Day & 9:00 AM - TASC Board of Directors
May 17	1:00 PM - Powerful Tools for Caregivers
May 18	9:00 AM - Breakfast & 10:00 AM - Senior Council 12:45 PM - "Green" Bingo
May 19	12:45 PM - Afternoon Movie
May 20	10:00 AM - FREE Massages with Anderson Physical Therapy 11:00 AM - FREE Blood Pressure Screening with Titusville Hospital
May 23	Birthday Luncheon & 12:45 PM - Bingo with Asera Care
May 24	11:00 AM - "Hats" with Southern Care Seneca Allegany Casino Trip
May 25	1:00 PM - Powerful Tools for Caregivers
May 26	Deer Creek Winery shopping and tasting trip
May 27	12:45 PM - Pinochle Party
May 27	May Flowers Bingo
May 30	Center Closed - Memorial Day
May 31	1:00 PM - Powerful Tools for Caregivers

Please reserve lunch and/or bus 2 days in advance when going to Center

CAMBRIDGE SPRINGS SENIOR CENTER
 156 Venango Ave., Cambridge Springs
 Center Manager: Tami Boylan 398-8616

May 3	Mother's Day Dinner
May 5	9:45AM - 10:30AM Blood Pressure Screening 11:00AM Emergency Preparedness Program
May 6	10:00AM Euchre Card Party
May 10	11:00AM Nutrition Program
May 11	10:00AM Geocaching at Woodcock
May 12	10:00AM A Crash Course on Politics & Religion 4:00PM - 6:00PM Self Defense Class 12:30PM Knitting Group
May 13	10:00AM Nickle Bingo
May 16	10:00AM - 2:30PM Euchre Card Party
May 17	9:30AM Center Council Meeting
May 19	9:45AM - 10:30AM Blood Pressure Screening 10:15AM Book Club 11:00AM French & Indian War Fashions
May 20	10:00AM Euchre Card Party
May 24	11:00AM Mike & Drew Guitar Music Sing-a-long
May 26	12:30 Knitting Group
May 27	10:00AM Bingo

Exercise Equipment Available Monday - Friday
 Meal Reservations needed two days in advance
 Monday lunch served at 11:30, Tues- Fri. served at noon

LINK FEST
 Tuesday June 28th
 10:00AM - 2:00PM
 Active Aging, Inc.
 1034 Meadville, PA 16335



SENIOR CENTER 2016 SCHEDULE OF EVENTS

MAY 3 Mother's Day Dinner All Centers	MAY 11 Volunteer Luncheon Titusville	MAY 19 Volunteer Recognition Lunch Meadville, Canadohta, & Guys Mills	MAY 30 Memorial Day Closed All Centers	TBA Volunteer Recognition Lunch Titusville	JUN 14 Father's Day Dinner All Centers
JUN 25 SPECIAL TBA	JUN 29 July 4th Celebration (picnic) All Centers	JUL 4 July 4th Holiday Closed All Centers	JUL 19 Golf Outing Venango Valley	TBA Crawford County Fair	SEP 5 Labor Day Closed All Centers
SEP 23 & 24 Octoberfest Meadville All Centers Closed	OCT 31 Halloween Party All Centers	NOV 8 Election Day	NOV 11 Veteran's Day Breakfast Meadville	NOV 17 Thanksgiving Dinner All Centers	DEC 20 Christmas Dinner All Centers

ce **Probate Analysis by Property Ownership**

One of the most commonly misunderstood features of property transfer at death involves what assets are included in a person's estate and which pass automatically to heirs. We have encouraged clients to use the following rule of thumb (which is general), but covers the vast majority of assets:
 Solely-owned Property includes assets owned only by one person, which will pass to others by way of that person's Will. Solely owned property requires the opening of an Estate, so that the personal representative can distribute the property. The process of opening and administering an Estate is sometimes referred to as the "Probate process."
 Jointly-owned Property are those owned jointly with another person. Upon death, these assets generally pass to the other joint owner(s), and are not affected by the Will. There are numerous exceptions to this general rule, however. Real estate and automobiles, for examples, must be titled jointly "with right of survivorship" in order to pass to the joint owner. Provided the joint asset is properly titled, it should pass to the surviving joint owner upon death, avoiding need to be administered via the deceased person's Estate.
 Beneficiary Designated Property includes assets like annuities, life insurance, IRAs, 401(k)s, and other assets which allow you to name a beneficiary. These assets will pass to the person(s) listed as beneficiary. Failure to name beneficiaries on retirement assets is one of the most common (and most easily avoidable) estate planning mistakes. Like properly titled joint assets, these assets do not need to be administered by the deceased person's Estate.
 A note regarding Long-Term Care: Simply put, making an asset joint with another person does not necessarily "protect" it from nursing home care costs or Medicaid or Estate Recovery. However, making an asset joint with another person may cause a gifting penalty to be levied against the Medicaid applicant.
 A note regarding PA Inheritance: Just because an asset does not pass into a deceased person's Estate does not mean it avoids inheritance tax. Sometimes joint ownership can reduce inheritance tax, but jointly owned property and beneficiary designated property are still subject to Pennsylvania Inheritance Tax.

Grief Group
 Meadville Senior Center

Held the first Thursday of each month at 2:30PM

Led by Chaplain Dennis Chludski, Bereavement Coordinator with Lakeland Area Hospice

No one needs to be lonely. Call Ashlee or Patty at (814)336-1800 for more information or to preregister for the group.

CRESSMAN & ERDE, LLC
 Elder Law | Estate Planning | Criminal
 911 Diamond Park, Meadville, PA · (814) 807-1071
 www.cressmanerdelaw.com

*Certified in Elder Law by National Elder Law Foundation




21st Annual
Active Aging Foundation
CHARITY GOLF SCRAMBLE

Tuesday, July 19th, 2016
VENANGO VALLEY INN & GOLF COURSE
ROUTE 19, VENANGO PA

Reserve your spot by calling (814) 336-1792

TEAM PRIZE MONEY	PAYMENT INCLUDES:	COMPETITIONS
\$500 - 1ST PLACE (LOW GROSS) \$500 - 1ST PLACE (LOW NET) \$400 - 7TH PLACE (LOW NET) \$300 - 11TH PLACE (LOW NET) \$200 - 17TH PLACE (LOW NET) \$100 - 21ST PLACE (LOW NET)	Lunch Sponsored by Flagship Investment Group, Beverages, Dinner, Greens' Fee, Cart, 2016 Golfers Passkey, prizes and participation in the \$10,000 Putt Competition.	\$100,000 SHOOTOUT \$10,000 PUT \$8,000 HOLE-IN-ONE ALL AVAILABLE TO BE WON IN PRIZE MONEY!



LIKE US IN REAL LIFE, LIKE US ON FACEBOOK
Active Aging, Inc. is now on Facebook!
Get connected for updates on events, classes, and more!

22 FREE ROUNDS OF GOLF!
The 2016 Golfers Passkey Card \$20.00
All proceeds benefit Senior Citizens of Crawford County through the Active Aging Foundation. *May be purchased at the Community Center of Crawford County 1034 Park Avenue Meadville, PA*

Ways to lend a helping hand to seniors

Men and women looking to give back to their communities can do so in various ways. Some might coach youth sports teams, while others might organize food and clothing drives for the less fortunate.

Giving back to seniors in your town or city is another way to strengthen your community. Many seniors maintain their independence long past retirement age, but some may need a helping hand as they get older. The following are a handful of ways you can improve the quality of life of seniors in your community.

- Deliver meals. Seniors who are confined to their homes typically need to have their meals delivered to them. Men and women looking to help seniors can volunteer to work with their local Meals on Wheels program. Meals on Wheels boasts a national network of more than 5,000 independently run programs, and these programs rely on more than two million volunteers to deliver nutritious meals to seniors with limited mobility. The need for volunteers to help seniors figures to grow in the coming decades, as Meals on Wheels America notes that the percentage of the

population that qualifies as seniors will grow from 18 percent in 2010 to 26 percent by 2050.

- Help around the house. The work required to maintain a home is considerable no matter a person's age, but that task is even more difficult for seniors. Even the healthiest seniors may not have the mobility or physical strength required to keep up with household chores. Offering to help a senior maintain his or her home is a great way to improve their quality of life. Visit an elderly relative or neighbor and offer to mow their lawn, take out their garbage or perform another task they might find challenging. Performing a few chores around a senior's house won't take long, but such gestures can have a big impact on seniors' lives.

- Invite seniors over for dinner. Many seniors suffer from feelings of isolation, which can contribute to depression. Families are now more geographically diverse, and a senior's children and grandchildren may not live nearby. In such cases, it's easy for seniors to grow lonely and feel isolated from their communities. Inviting seniors over for a weekly

dinner or to backyard social gatherings can help them maintain a connection to their communities and reduce their feelings of isolation. Extending such invitations also provides a great way for parents to instill in their children a respect for and appreciation of the elderly.

- Arrange transportation for seniors who no longer drive. Many seniors stop driving when they realize their skills behind the wheel have diminished. But even though they may relinquish their drivers' licenses, seniors still need to keep their doctor's appointments and get out of the house. Speak with your neighbors who also want to help seniors to arrange transportation for those who can no longer get themselves around town. Explain to seniors' physicians when you or your neighbors are most available to get seniors to their appointments. In addition, offer to drive seniors to the grocery store when making your own shopping trips. Many seniors made valuable contributions to the communities they call home. And those communities can give back by helping seniors overcome the demands of aging.

Active Aging, Inc. Gratefully acknowledges the following individuals and organizations for donations made to this agency:

<p><i>In Memory of:</i> Lois G. Jackson</p>	<p><i>Given By:</i> Farmers National Bank</p>
--	--

First Friday Night of the Month
BINGO GAME
Doors Open 5pm • Games 7pm
All Paper Format • Play all you want on paper

Wide Variety of Instant Tickets with **BIG PAYOUTS AVAILABLE!**

ONLY \$25

COMMUNITY CENTER OF CRAWFORD COUNTY
Lew Davies Community Bldg. • 1034 Park Ave. • Meadville
Proceeds benefit the senior citizens of Crawford County through the Active Aging Foundation

WEDNESDAY NIGHT BINGO!
Every Wednesday
Doors open at 4:30pm • Games begin at 6:30pm

BIG PAYOUTS
GUARANTEED JACKPOTS • INSTANT TICKETS

ADMISSION PACKETS Including All Jackpots **START AT \$10** all paper format

COMMUNITY CENTER OF CRAWFORD CO.
The Lew Davies Comm. Bldg. 1034 Park Ave., Meadville, PA • Info. Ph. 336-1792
All proceeds benefit the Active Aging Foundation

**Is staying in your home important to you?
It is to me...that's why I called Help at Home.**

Help at Home with Wesbury offers these convenient in-home Senior healthcare services to help you maintain a healthy, active and secure lifestyle.

- Companion
- Meal delivery
- Housekeeping
- LifeAid personal emergency response system
- Handyman
- Pet companion
- Hair care
- Medication management
- Wesbury Thoburn Village Clubhouse privileges

Call 814-332-9186 and ask how we can help you.

31 North Park Ave.
Meadville, PA 16335
814-332-9186
www.wesbury.com

May 2016 LUNCH SCHEDULE

MON	TUE	WED	THU	FRI
2 Roast Beef Brown Gravy Normandy Blend Chantilly Potatoes Whole Wheat Bread Fresh Fruit	3 MOTHER'S DAY SPECIAL Stuffed Chicken Twice Baked Potato Asparagus Whole Wheat Roll Strawberry Shortcake	4 Beef & Rice Stuffed Peppers Italian Blend Vegetables Green Peas Whole Wheat Bread Almond Cookie	5 Chicken Caesar Salad Tri-Color Bean Salad Saltine Crackers Fresh Fruit Caesar Dressing	6 Western Goulash Carrots Cabbage Cornbread Orange Gelatin
9 Stuffed Cabbage Roll w/ Sauce Summer Squash w/Tomatoes Cabbage in entrée White Dinner Roll Mandarin Oranges	10 Chicken Pomodoro Normandy Blend Green Garden Salad (1 cup) Garlic Bread Mixed Fruit Crisp	11 Beef Tips Brown Gravy Broccoli Rosemary Potatoes Whole Grain Penne Pasta Brownie	12 BIRTHDAY Chicken Cordon Bleu Baked Sweet Potato Green Peas Whole Wheat Bread Birthday Cake	13 Chicken Mac & Cheese Mixed Vegetables Fresh Fruit Whole Wheat Bread Poke Cake
16 Vegetable Lasagna Vegetables in Lasagna Carrots Broccoli Raisin Salad Whole Wheat Bread Peach Crisp	17 Oriental Shoyu Chicken Vegetables in Stir Fry Corn Steamed Rice Fresh Orange	18 Chicken Parmesan Italian Blend Vegetables Green Garden Salad (1 cup) Whole Grain Penne Pasta Joy's Applesauce Cookie	19 Volunteer's Lunch Special Stuffed Pork Chops Mashed Potatoes Green Beans White Dinner Roll Fresh Banana	20 Hot Dog w/ Chili Chuckwagon Corn Cole Slaw Hot Dog Bun Bread Pudding w/Raisins
23 Roast Pork Peach Ginger Sauce Candied Sweet Potatoes Broccoli Whole Wheat Roll Peaches	24 Beef Lasagna Green Garden Salad (1 cup) Carrots Whole Wheat Bread Pineapple Tidbits	25 Liver & Onions Mashed Potatoes Green Beans Whole Wheat Bread Oatmeal Raisin Cookie	26 Breaded Fish Tartar Sauce Mixed Vegetables Fiesta Potatoes Whole Wheat Hamburger Bun Fresh Fruit	27 BBQ Chicken Thigh Ranch Beans Carrot Raisin Salad Whole Wheat Bread Apple Cobbler
30 CLOSED MEMORIAL DAY	31 Lemon Herb Chicken Capri Blend Vegetables Baked Potato Whole Wheat Bread Pears	We are honored to announce that we were named the Large Non-Profit of the Year through the Meadville-Western Crawford County Chamber of Commerce! We made the announcement to staff and thanked them for going above and beyond to advocate, empower and enrich the lives of our seniors in Crawford County. We are proud of this award and the dedicated people we work with!		

SPRING IS HERE!

LET US HELP YOU GET AROUND TOWN!

Active Aging Senior Center Trips

Thanks to a partnership with Active Aging, seniors riding the bus from home to their local senior center can ride for \$0.50 one way. Call Active Aging at 814-336-1792 for more information

National Award Recipient for Outstanding Public Service

- Use CATA for ALL your transportation needs (shopping, doctors appt., etc.)
Fares range from \$2-\$6.25 one way
- Every vehicle CATA uses is ADA compliant!
- Shared Ride services are funded in part by the PA Lottery and Grants from the Crawford Co. Commissioners

Visit us online at www.catabus.org

CALL US TODAY!

Phone: 814-336-5600
Toll Free: 1-855-338-5600
Titusville: 814-775-0228
E-mail: information@catabus.org

Rolling Fields

Elder Care Community

Conneautville, PA (814) 587-2012

“This is my home, I love it here.”

Mike B.

Call for your personal tour to find out how Rolling Fields can become your home.

www.rollingfields.com

PACE / PACENET

Started in 1984, the Pharmaceutical Assistance Contract for the Elderly (PACE) Program helps older persons living in Pennsylvania to pay their prescription expenses. PACENET is the Pharmaceutical Assistance Contract for the Elderly Needs Enhancement Tier. This program has been created to assist older Pennsylvanians, whose incomes are slightly higher than the PACE income limits, with the cost of their prescription drugs.

Eligibility Information: PACE requirements:

• A resident of Pennsylvania for at least 90 days prior to the date of application.

• Ineligible for pharmaceutical benefits under medical assistance.

• Total income for a single person from last year must be between \$14,501 to \$23,500.

• Total income for a married couple last year must be between \$17,701 to \$31,500.

PACENET may have a monthly drug plan premium to pay at the pharmacy, which will be cumulative if not met each month. Once that monthly drug premium has been met, PACENET has an \$8 copayment for generic drugs and a \$15 copayment for brand name drugs. Your out-of-pocket costs to you are computed by the PACE program.

To use your PACE/PACENET card: Take your card and prescription to any drug-store that accepts PACE.

Always keep your card with you. Do not leave your card at the drug-

store. Do not mail your card to a mail-order pharmacy. You may not use your card to purchase drugs out of the state or to mail drugs out of the state. You can use your card ONLY while you are in Pennsylvania. Can I have other medical insurance or prescription coverage and still apply for PACE/PACENET? Yes, However, PACE is the payor of last resort and will only cover prescription costs not covered by other medical insurance. You will be asked to provide information about your insurance coverage when you apply for PACE/PACENET, and you should inform your pharmacist of all your medical and prescription plans. Is it possible to get help with completing the PACE/PACENET application? Yes! Please call Active Aging, Inc. at (814) 336-1792 or 1-800-321-7705. An appointment can be scheduled for you.

• 65 years of age or older.

• A resident of Pennsylvania for at least 90 days prior to the date of application.

• Ineligible for pharmaceutical benefits under medical assistance.

• Total income for last year for a single person must be less than \$14,500.

• Total income for last year for a married couple must be less than \$17,700.

Once an application is approved, an enrollee is responsible for \$6 copayment for generic drugs or a \$9 copayment for brand name drugs for each prescription reimbursed by PACE.

PACENET requirements:

• 65 years of age or older.

LAKELAND VALLEY REGIONAL COMMUNITY SENIOR CENTER
237 South Pymatuning Street, Linesville 683-4959
Center Manager: Rhonda Wood

May 2 10:00AM Healthy Steps in Motion – Level 1 (Last Class for this session)

May 3 10:00AM Mother's Day Celebration with Becky & Joe Matczak performing!

May 4 1:00PM Advisory Board in Meadville

May 5 12:30PM Council Meeting

May 9 10:00AM Draw Club with Paula Vorisek

May 11 11:00AM "Nutrition" presentation with Interim Healthcare

May 12 11:00AM Volunteer Recognition Luncheon

May 16 10:00AM Euchre Tournament at Cambridge Springs
1:00PM Center Closes for Staff Meeting

May 18 1:00PM Sub Order Deadline

May 19 12:30PM "Health Trivia" with Rebecca Dean

May 21 11:00AM Pasta Dinner, Bake Sale, Craft Sale, Art Show during Bair Cruise-in

May 24 10:00AM Volunteers need to put Sub Orders together

May 25 10:00AM Keystone Blind: Eye glass Cleaning and Adjustments
11:00AM "Disaster Preparedness for Seniors" with the Red Cross
Sub Pick-up Day

May 26 Memorial Day – Center Closed

May 30 12:00PM Special Indian Meal by Bateman Senior Meals

May 31 *Close at 1:00 PM every 3rd Monday
Walking Track @ 8:00am-9:00am and 12:30pm-3:00pm
Exercise Machines in the Cardio Room 8:00am to 3:00pm
Daily Coffee Talk 8:30am to 9:30am

A \$2 donation is greatly appreciated for Silver Sneakers and Healthy Steps In Motion.
A \$1 donation is greatly appreciated for our Tai Chi Class and Cardio and Strength Training Video Class.
Lunch is served daily at noon; reservations are needed two days in advance.
PLEASE NOTE: Monday and Tuesday lunches are ordered by 2pm on the previous Thursday. Thank you!

CANADOHTA—BLOOMFIELD FIRE HALL
Center Manager: Patty Flaherty 814-336-1792

Every Friday – Please check Meadville Tribune on a weekly basis for presentation changes or additions.

May 6 - Council Meeting, Internal Auction (Proceeds benefit Canadohta Lake Senior Center) and Trivia

May 13 - Chair Exercise, Presentation TBD, Sharing Memories Game.

May 20 - Chair Exercise, 50/50 Raffle (Proceeds benefit Canadohta Lake Senior Center), Interim Health Care Nutrition: Mary Beth Lombardi

May - 27 Italian Sub Sale, (Proceeds benefit Canadohta Lake Senior Center), assembly line sub construction!

GUYS MILLS UNITED EVANGELICAL FREE CHURCH
Center Manager: Patty Flaherty 814-336-1792

First and Third Tuesday of each month – Please check Meadville Tribune on a weekly basis for presentation changes or additions.


May 3 - SMILE Exercise, Bingo, Speaker: Interim Health Care Nutrition: Mary Beth Lombardi

May 17 - SMILE Exercise, Bingo, Speaker: Laura Dengler, Maple Syrup "How sweet it is"

Looking for that perfect Christmas, Birthday, Anniversary or Special Occasion Gift for the Traveler in Your Life?

Active Aging Foundation Travel Gift Certificates*
Trips are open to all ages and proceeds benefit Crawford County Senior Citizens.

*Can be used on any trip, and available in any denomination.
Certificates can be purchased at
Active Aging, Inc. 1034 Park Avenue, Meadville, PA.



We invite you to participate in our "Tree of Giving" gift program. This is an on-going and permanent gift program that gives you, as a donor, the discretion to honor someone's hard work or achievement; remember a special/personal event or anniversary; or as an everlasting memorial for a loved one, friend or community leader. The "Tree of Giving" includes brass leaves and three different size brass stones that can be engraved to your desire. For additional information or to make an appointment with our Foundation Staff, please call (814) 336-1792 or 800-321-7705.

The BEST time to plant a tree is 20 years ago. The next best time is NOW. ~African Proverb

THE Catnapper®
Somerset Recliner is in!
These are the finest a Lift Chair can get!



only \$649

STOP IN OUR SHOWROOM AND SPOIL YOURSELF
25333 State Hwy. 27
Meadville, PA 16335
814-789-3131
fax: 814-789-2554
www.glennpetersons.net

Glenn Peterson Floors & Furniture

WE ASKED OUR SENIORS...



"What is your most memorable Memorial Day?"



Janet Love
Canadohta Lake

"Putting crepe paper in the spokes of my bike when I was a kid in Point Breeze and riding in the parade".



Peggy McFetridge
Lakeland Valley

She says that her favorite memory of Memorial Day is when her family used to all come up for their annual pic. Now everyone is too busy.



Ron Brown
Cambridge Springs

"My favorite Memorial Day was when our son Glen spoke at our towns Memorial Day celebration. Glen is a graduate of West Point"



Carl Vandusen
Lakeland Valley

He says his best memory of Memorial Day was "getting ready to come home from Nam".

Pennsylvania Link to Aging and Disability Resources

The Pennsylvania Link to Aging and Disability Resources is a program of the Pennsylvania Department of Aging. Commonly referred to as the PA Link, this network of local, state and federal partners works together to provide information on, and improved access to, long-term care services and supports to all Pennsylvanians regardless of age, ability or income.

PA Link partners in Crawford County can provide information and support in the following areas:

- Assistive Technology
- Caregiver Support
- Care Transitions
- Disability Services
- Drug and Alcohol Services
- Emergency Contacts
- Employment Services
- Financial Assistance
- Health and Nutrition
- Health Insurance
- Home Modification
- Housing Assistance
- In-Home Services
- Legal Aid
- Lifespan Respite
- Medical Services
- Mental Health Services



TO AGING AND DISABILITY RESOURCES

- Nursing Home Transition
- Options Counseling
- Protective Services
- Support Groups
- Transportation
- Utilities and Fuel
- Veterans Services

The Pennsylvania Link to Aging and Disability Resources Helpline: 1-800-753-8827

DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money?

The APPRISE Program wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help can help lower your prescription co-payments and premiums and cover the cost of the coverage gap ("donut hole")

- If you are **single** and have **total monthly** income of less than \$1,485/month; and less than \$13,640 in resources
- If you are **married** and have a **total monthly** income of less than \$2,003/month; and less than \$27,250 in resources

Medicare Savings Program can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

- If you are **single** and have a **total monthly** income of less than \$1,337/month; and less than \$7,280 in resources
- If you are **married** and have a **total monthly** income of less than \$1,803/month; and less than \$10,930 in resources

APPRISE CAN ALSO HELP WITH:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Medicaid
- Long-Term Care Insurance
- Fraud and Abuse
- Medicare Appeals

Call Today!

Active Aging, Inc.
1034 Park Ave
Meadville, PA 16335
(814)336-1792



Funded in whole or part by a grant through the Administration for Community Living

Current PA Link Partners in Crawford County

- | | | |
|---|---|---|
| Active Aging, Inc.
Alzheimer's Association
APPRISE
AseraCare Hospice
Automated Security Alert
At Your Request Cleaning
Better Business Bureau of W. PA
Byham's Insurance Services
Center for Family Services
CHAPS
Community Care Network
Community Health Services
Community Resources for Ind.
Consumer Satisfaction Team
Crawford CAO
Crawford County Care Center
Crawford County Human Services
Crawford County READ Program
Crawford County RSVP
Experience Works
Family to Family Home Healthcare
Funkhouser Shaffer Financial Serv. | GECAC/SCSEP
Golden Living Center Titusville
Health Care Solutions
Helpmates
Home Instead
Hospice of Crawford County
HVA Sr. Living Alliance
Interim Health Care
JEVS
Juniper Village
Lakeland Area Hospice
MERP
Mount Hope Home Care
Northwest Pharmacy Solutions
PA Blindness & Visual Services
Park Avenue Rehab & Nursing
Presbyterian Homes
Regional Home Health and Hospice
Rolling Fields
Saint Vincent Hospital/AHN
Self Determination Housing | Project Senior Helpers
Service Coordination Unlimited
Shryock Senior Housing
Social Security Administration
SouthernCare Hospice
Stairways Behavioral Health
Supports Coordination of NW PA
Titusville Area Senior Citizens Corp
Titusville Social Connection
The ARC of Crawford County
Transition Assistance Advisors
UCP/CLASS
Veterans Services
VNA Alliance
Wesbury
Wesbury Hillside Home
Women's Services |
|---|---|---|

VOTER REGISTRATION

Now available at your Local Senior Center or in your own home when you receive in-home services from Active Aging, Inc. As part of the "Motor Voter Law" passed in 1993, Area Agencies on Aging are now required to provide an opportunity for you to register to vote. If you need assistance in registering to vote, call us at (814) 336-1792

REMINDER: Elder Pennsylvanians deserve honor and respect ... not abuse. Stop Elder Abuse in Crawford County. Call Active Aging, Inc. 336-1792 or 1-800-321-7705.

Family to Family
Home Healthcare Agency, LLC
Family To Family Home Healthcare Agency, LLC
Where Our Family Cares For Yours!

Personal Care
Medication Reminders
Meal Preparation
Licensed, Bonded, Insured
Companionship
Housekeeping, Laundry
Errands / Transportation
24-hour/7days
Alzheimer & Dementia Care

You have the need, We provide the Care!
900 Water Street, Suite 19, Meadville, PA 16335
814-807-0409

Pepicelli, Youngs & Youngs PC

Your law firm for:
**Wills, Powers of Attorney
Medicaid/Nursing Home Planning,
Estates, Guardianships, and more.**

Brian T. Cagle Jeffrey C. Youngs
Lisa Pepicelli Youngs Christopher J. Youngs

363 Chestnut St. Meadville, PA
814-337-7000
www.pyylaw.com

Need help caring for yourself or a loved one?
We can help.

Crawford County:
1-855-337-4422

The Trusted Care And RESPECT You Deserve
Licensed by the PA Department of Health

Celebrating Over 25 yrs. of Caring for People at Home.
Certified Provider for the PA Dept. of Aging
www.helpmatesinc.com



Family to Family
Home Healthcare Agency, LLC

Home Healthcare



Nursing Care

- Wound Care
- Medication Set-Up
- Medication Education
- Disease and Pain Management
- Cardiac and Pulmonary Care
- Occupational Therapy
- Physical Therapy
- We also have Share Care Homes

Personal Care

- Assisting with grooming needs such as hair care, shaving, cleaning teeth and routine nail care. Supervising or assisting with showers, tub baths, sponge baths and bed baths.
- Assisting with dressing and undressing
- Assisting with mobilization activities including turning, transferring, exercising and walking
- Assisting with self-administered medications by reminding client to take the medications at the prescribed time(s) and/or following up to ensure they are taken
- Monitoring vital signs such as blood pressures, pulse and respiration



Home Services

- Routine housework including general cleaning, vacuuming, dusting, washing floors, laundry, ironing and changing beds.
- Planning, cooking and serving meals.
- Monitoring and motivating regular diet plans.
- Providing respite and palliative care.
- Monitoring clients' safety, comfort and welfare by contacting them by phone or by making home visit(s).

Service is Available:

Help is available 24 hours a day, seven days a week to conform to clients' needs and preferences.

Where Service is Delivered:

We service Northwestern Pennsylvania Area.

Our Mission Statement:

It is the primary mission of Family to Family Home Healthcare to provide the highest level of patient care with loving support, compassion and dedication.

“Where Our Family Cares for Yours”

Call 814-807-0409 or Fax 814-807-0439
Family to Family Healthcare Agency, LLC.
900 Water Street, Suite 19, Meadville, PA 16335
www.ftfhc.com

Self Defense Class

Active Aging, Inc. will be offering self-defense classes with Master and 5th Degree Black Belt, Rich Anton at our local senior centers. These classes are free for individuals 60 years and over. This is a great way to learn some techniques to protect yourself.

Classes will be held on :

- May 12th from 4-6PM at Cambridge Springs
- June 2nd from 4-6PM at Lakeland Valley
- June 23rd from 5-7PM at Canadohta Lake Senior Center.

You must preregister to attend. You can do so by calling your local center. For additional information call Tami at (814)398-8616.

From the Foundation – May, 2016

As I write this, I'm hoping that the snow forecast for this first week in April does not materialize. Admittedly, we had a mild winter, but I think we are all ready for warmer temperatures. I was in attendance at the Pittsburgh Pirates home opener and had to dress like it was a Steelers game!

We've been busy at the Foundation! I attended the Association of Fundraising Professionals International Conference in Boston in March. I sat through some educational sessions presented by some of the best fundraisers in the world, and met some great people who are in the trenches just like

me. One enlightening takeaway for me was the importance of a monthly giving program. It is a win-win situation for the givers and for the Foundation. Givers have the ability to make a small monthly gift that over time becomes a much larger and even a more significant gift. The program creates regular revenue for the Foundation. There are several ways we can make this an affordable, easy way for you to support the important work done by Active Aging, Inc. Please contact me for more information on this program.

We're getting ready for our 21st annual golf outing at Venan-

go Valley Golf Course on Tuesday, July 19th. We are now accepting team registrations. This is one of the most popular golf outings in the area, so get your team together and get registered today by calling us at the Foundation office.

Donna Cessna
Development Coordinator

****Active Aging Foundation Mission****

The Active Aging Foundation was established in 1994 to provide support and assistance to advance the mission, interest and goals of Active Aging, Inc.

This Month in History – May

May 1 1931 - The Empire State Building in New York Officially opens

May 5 1961 - Alan B. Shepard Jr became the first American in space

May 9 1974 - Nixon impeachment hearings begin against President Richard M. Nixon

May 16 1929 -The First ever Academy Awards of Motion Picture Arts and Sciences Awards were handed out at a banquet held at the Hollywood Roosevelt

Hotel.

May 17 1954 - The United States Supreme Court ruled unanimously in Brown v. Board of Education, ruling that racial segregation in public educational facilities is unconstitutional.

May 21 1881 - American Red Cross Founded

May 21 1932 - Amelia Earhart becomes the first woman to make a solo air crossing of the Atlantic Ocean, from

Newfoundland to Ireland

May 24 1883 - The Brooklyn Bridge, linking Brooklyn and Manhattan over the East River opens to traffic.

May 25 1977 - First Of The Star Wars Movies Opens

May 30 1911 - The first ever running of the Indianapolis 500

May 31 1977 - The almost 800 miles long Trans Alaska Oil Pipeline is completed

Allegheny Senior Day



One hundred and sixty seniors took to Allegheny College's Campus on April 20th to participate in the annual Allegheny Senior Day. Participants had the chance to experience a typical college day with Allegheny students and staff while attending classes. Classes included topics varying from politics, cooking, nature and history. They

not only got to meet with professors and sit in on classes but they also had the opportunity to watch a documentary, based on the history of Meadville that was created by Allegheny students. After an eventful day of activities, seniors and students were able to sit down at one of the campus' dining halls for lunch and listen to just a few of the talent-

ed voice students of the college.

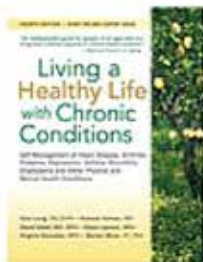
Active Aging, Inc. would like to thank all of the student volunteers and Allegheny staff members that took part in the event and dedicated their time to making our seniors feel at home on their campus. Look for details on next year's Senior Day and more information on how you can participate!

Diabetes Self-Management Workshop

Designed for people with diabetes or the caregivers of someone with diabetes, this program has proven success building the participants confidence in their ability to manage their health and maintain active and fulfilling lives. FREE Workshop, snacks provided.

Each participant in the workshop receives a FREE copy of the companion book, *Living a Healthy Life with Chronic Conditions, 4th Edition*, and Relaxation CD.

Active Aging
1034 Park Ave, Meadville
Wednesdays, May 4 - June 8
9:30 am - 12:00 pm
Call (814) 336-1792 to register.



Participants will learn:

- Techniques to deal with fatigue, pain, hyper/hypoglycemia, stress, and emotional problems
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition



We are honored to announce that we were named the Large Non-Profit of the Year through the Meadville-Western Crawford

County Chamber of Commerce! We made the announcement to staff and thanked them for going above and beyond to advocate, empower and enrich the lives of our seniors in Crawford County. We are proud of this award and the dedicated people we work with!